



**Full Report (All Nutrients) 09241, Peaches, canned, heavy syrup pack, solids and liquids**

**Report Date: June 30, 2017 17:03 EDT**

Nutrient values and weights are for edible portion

## **Food Group : Fruits and Fruit Juices**

**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25**

Nutrient	Unit	1 Value Per 100 g	1 Data points	1 Std. Error	1 cup 262g	1 half, with liquid 98g
<b>Proximates</b>						
Water	g	79.28	529	0.063	207.71	77.6
Energy	kcal	74	--	--	194	7
Energy	kJ	310	--	--	812	30
Protein	g	0.45	310	0.004	1.18	0.4
Total lipid (fat)	g	0.10	251	0.003	0.26	0.1
Ash	g	0.24	335	0.004	0.63	0.2
Carbohydrate, by difference	g	19.94	--	--	52.24	19.5
Fiber, total dietary	g	1.3	--	--	3.4	1
Sugars, total	g	18.64	--	--	48.84	18.2
<b>Minerals</b>						
Calcium, Ca	mg	3	283	0.061	8	
Iron, Fe	mg	0.27	316	0.007	0.71	0.2
Magnesium, Mg	mg	5	239	0.062	13	
Phosphorus, P	mg	11	271	0.109	29	1
Potassium, K	mg	92	311	1.114	241	9
Sodium, Na	mg	6	326	0.152	16	
Zinc, Zn	mg	0.09	178	0.002	0.24	0.0
Copper, Cu	mg	0.051	178	0.002	0.134	0.05
Manganese, Mn	mg	0.045	54	0.001	0.118	0.04
Selenium, Se	µg	0.3	--	--	0.8	0
Fluoride, F	1 2 3 4 5 6	6.8	30	0.371	17.8	6

## Vitamins

Nutrient	Unit	1			1 cup 262g	1 half, with liquid 98g	
		Value Per 100 g	Data points	Std. Error			
Vitamin C, total ascorbic acid	mg	2.8	609	0.050	7.3		2.7
Thiamin	mg	0.011	273	0.000	0.029		0.011
Riboflavin	mg	0.024	278	0.000	0.063		0.024
Niacin	mg	0.614	323	0.010	1.609		0.602
Pantothenic acid	mg	0.050	--	--	0.131		0.049
Vitamin B-6	mg	0.019	--	--	0.050		0.019
Folate, total	µg	3	3	0.547	8		3
Folic acid	µg	0	--	--	0		0
Folate, food	µg	3	3	0.547	8		3
Folate, DFE	µg	3	--	--	8		3
Choline, total	mg	4.1	--	--	10.7		4.0
Vitamin B-12	µg	0.00	--	--	0.00		0.00
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00
Vitamin A, RAE	µg	17	597	0.297	45		17
Retinol	µg	0	--	--	0		0
Carotene, beta	µg	165	--	--	432		162
Carotene, alpha	µg	0	--	--	0		0
Cryptoxanthin, beta	µg	68	--	--	178		67
Vitamin A, IU	IU	332	597	5.931	870		325
Lycopene	µg	0	--	--	0		0
Lutein + zeaxanthin	µg	61	--	--	160		60
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	1.28		0.48
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0		0.0
Vitamin D	IU	0	--	--	0		0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.5		1.7
<b>Lipids</b>							
Fatty acids, total saturated	g	0.010	--	--	0.026		0.010
4:0	g	0.000	--	--	0.000		0.000
6:0	g	0.000	--	--	0.000		0.000
8:0	g	0.000	--	--	0.000		0.000
10:0	g	0.000	--	--	0.000		0.000
12:0	g	0.000	--	--	0.000		0.000

Nutrient	Unit	1			1 cup 262g	1 half, with liquid 98g	
		Value Per 100	Data points	Std. Error			
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.009	--	--	0.024	0.009	0.009
18:0	g	0.001	--	--	0.003	0.001	0.001
Fatty acids, total monounsaturated	g	0.035	--	--	0.092	0.034	0.034
16:1 undifferentiated	g	0.001	--	--	0.003	0.001	0.001
18:1 undifferentiated	g	0.035	--	--	0.092	0.034	0.034
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.047	--	--	0.123	0.046	0.046
18:2 undifferentiated	g	0.046	--	--	0.121	0.045	0.045
18:3 undifferentiated	g	0.001	--	--	0.003	0.001	0.001
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.001	--	--	0.003	0.001	0.001
Threonine	g	0.018	--	--	0.047	0.018	0.018
Isoleucine	g	0.013	--	--	0.034	0.013	0.013
Leucine	g	0.026	--	--	0.068	0.025	0.025
Lysine	g	0.015	--	--	0.039	0.015	0.015
Methionine	g	0.011	--	--	0.029	0.011	0.011
Cystine	g	0.004	--	--	0.010	0.004	0.004
Phenylalanine	g	0.014	--	--	0.037	0.014	0.014
Tyrosine	g	0.012	--	--	0.031	0.012	0.012
Valine	g	0.025	--	--	0.066	0.025	0.025
Arginine	g	0.012	--	--	0.031	0.012	0.012
Histidine	g	0.008	--	--	0.021	0.008	0.008
Alanine	g	0.027	--	--	0.071	0.026	0.026
Aspartic acid	g	0.076	--	--	0.199	0.074	0.074

Nutrient	Unit	1			1 cup 262g	1 half, with liquid 98g	
		Value Per 100 g	Data points	Std. Error			
Glutamic acid	g	0.069	--	--	0.181		0.068
Glycine	g	0.016	--	--	0.042		0.016
Proline	g	0.019	--	--	0.050		0.019
Serine	g	0.021	--	--	0.055		0.021
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0		0.0
Caffeine	mg	0	--	--	0		0
Theobromine	mg	0	--	--	0		0
<b>Flavonoids</b>							
Proanthocyanidin							
Proanthocyanidin dimers <sup>7 8</sup>	mg	1.2	2	--	3.2		1.2
Proanthocyanidin trimers <sup>7 8</sup>	mg	1.2	2	--	3.2		1.2
Proanthocyanidin 4-6mers <sup>7 8</sup>	mg	1.3	2	--	3.3		1.2
Proanthocyanidin 7-10mers <sup>7 8</sup>	mg	0.1	2	--	0.2		0.1
Proanthocyanidin polymers (>10mers) <sup>7</sup>	mg	0.0	1	--	0.0		0.0

**Sources of Data**

<sup>1</sup>Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

<sup>2</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

<sup>3</sup>Stephen Adair, Dennis Leverett, Carol Shields **Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community**, 1991 Journal of Food Composition and Analysis 4 pp.216-226

<sup>4</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

<sup>5</sup>A. Kingman **Unpublished data**, NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

<sup>6</sup>RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

<sup>7</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

<sup>8</sup>Hong, Y-J., Barret, D.M., and Mitchell, A.E. **Liquid chromatography/Mass spectrometry investigation of the impact of thermal processing and storage on peach procyanidins**, 2004 J. Agric. Food Chem. 52 pp.2366-2371